

Regional Wellness Calendar

YOUR HOSPITAL AUXILIARY

AVH Auxiliary Membership Meetings

Monday, February 5, 5pm
Guest Speaker: *Michael Peterson, FACHE, AVH President*

Monday, March 5, 5pm
Guest speaker: *Roberta Balon, MS, RD, LD, CDE, AVH Clinical Nutrition Services Director* who will present on "Vitamins and Supplements."

New members are welcome.

Androscoggin Valley Hospital Mt. Success Meeting Room
59 Page Hill Road, Berlin, NH 03570
Contact: (603) 326-5676



LRH Auxiliary Board Meetings

Wednesday, January 3
Wednesday, February 7
Wednesday, March 7

Non-Auxiliary members are welcome to attend and learn more about the LRH Auxiliary.

The first Wednesday of every month, 5pm–7pm

Littleton Regional Healthcare Conference Room 4
600 St. Johnsbury Road
Littleton, NH 03561
Contact: *Gail Clark at (603) 444-9304*

Weeks Medical Center Auxiliary Board Meetings

Thursday, January 11, 5pm
Thursday, February 8, 5pm
Thursday, March 8, 5pm

New and non-members are welcome.

Weeks Medical Center Second Floor Board Room
173 Middle Street
Lancaster, NH 03594
Contact: *Margo Cliché, (603) 788-5221*

Books Are Fun Book Fair

Are you looking for a great new book, or a great gift for a loved one? The LRH Auxiliary will host a book fair right here at LRH. 25% of all proceeds will benefit the LRH Auxiliary.

Thursday, Feb. 23, 10am–6pm
Friday, Feb. 24, 7am–1pm

Littleton Regional Healthcare Lower Atrium (next to cafeteria)
600 St. Johnsbury Road
Littleton, NH 03561
Contact: *Amy Mancini (603) 444-9207*



Book Fair

Weeks Auxiliary will sponsor a book fair. Everyone is welcome.

Thursday, Mar. 8, 1–6pm
Friday, Mar. 9, 7am–1pm

Weeks Medical Center (in the corridor leading to the cafeteria)
173 Middle Street
Lancaster, NH 03584
Contact: *Margo Cliché, (603) 788-5221*

Uniform Fair

Weeks Medical Center will sponsor a uniform fair. Everyone is welcome.

Wednesday, Feb. 14, 7am–4pm

Weeks Medical Center (in the corridor leading to the cafeteria)
173 Middle Street
Lancaster, NH 03584
Contact: *Margo Cliché, (603) 788-5221*

BIRTH & PARENTING



Childbirth Classes at AVH

The Valley Birthplace at AVH is offering a series of Childbirth Classes for expectant parents.

Weekly sessions on Wednesday for four consecutive weeks:

January 17, 24, 31, and February 7
March 14, 21, 28, and April 4

Classes run from 6pm–8:30pm

Androscoggin Valley Hospital Mt. Success Meeting Room
59 Page Hill Road, Berlin, NH 03570
Contact: *Call (603) 326-5607 to register or for more information*

Lactation Support

AVH's Valley Birthplace offers a free Lactation Support Group for breastfeeding and soon-to-be breastfeeding mothers, facilitated by Wendy Beals, RN, IBCLC, International Board Certified Lactation Consultant.

Friday, January 19, 10–11:30am
Friday, February 16, 10–11:30am
Friday, March 16, 10–11:30am

Androscoggin Valley Hospital Mt. Adams Conference Room
59 Page Hill Road, Berlin, NH 03570
Contact: *(603) 326-5882*

Sibling Tour

The sibling tour at AVH is for parents and children expecting the arrival of a new baby brother or sister. Join us for this informative tour on:

Sunday, January 14, 2–3pm
Sunday, February 6, 2–3pm
Sunday, March 11, 2–3pm

Contact: *(603) 326-5882.*
Pre-registration is necessary.

Childbirth Education Classes at LRH

At LRH we offer our expectant moms an interactive, hands-on experience to support women and their families throughout their entire pregnancy and beyond to parenting.

Classes are designed to guide expecting parents through signs of labor, phases of labor, techniques for coping with labor and birth, basics of infant care including breast and bottle-feeding. The classes also explore the adjustments of becoming new parents.

Series 1: Jan. 2, 9, 16, & 23, 6–8pm

Series 2: Mar. 6, 13, 20, & 27, 6–8pm

1-Day Intensive Childbirth Class:
Friday, January 27, 9am–3pm
Saturday, March 10, 9am–3pm

Introduction to Breastfeeding:
Tuesday, January 30, 6pm–8pm

Baby's Morning Out

A great opportunity for new mothers to get together and talk about their experiences as a new parent. Of course, babies are welcome!

Wednesday mornings, 10–11:30am

Littleton Regional Healthcare Medical Office Building Conference Room, Level 2
600 St. Johnsbury Road
Littleton, NH 03561

Lactation Support: LRH offers free lactation consulting service to new moms. Contact: *(603) 444-9335 to talk to one of our lactation consultants.*

Car Seat Safety: Keeping children safe is a main objective for parents and grandparents. Our trained and certified Child Passenger Safety Technicians can check your car seat size and safety to ensure your little one is safe while driving. In addition to providing safety tips, they can help install the car seat properly.

Contact: *(603) 444-9567 to schedule your appointment today.*

HEALTH & WELLNESS

Foot Care Clinic

Offered by North Country Home Health & Hospice Agency, a member of North Country Healthcare.

Fridays, January, February, March, 8:30am–4:30pm

AVH Professional Center
7 Page Hill Road, Lower Level
Berlin, NH 03570

Call *(800) 371-5317 to schedule an appointment. Pre-registration is necessary.*

Foot Clinic Schedule

Routine foot care is important at any age, but as we age it becomes even more important. Foot problems can lead to limited mobility and in some cases more serious health conditions. This is why the North Country Home Health & Hospice offer foot clinics in various locations, so that everyone can take care of their feet.

Visits are available by appointment only. Please call (603) 444-5317 to reserve a place for Littleton or Lincoln. Call Horse Meadow directly for appointments there (603) 787-2539.

Littleton Area Senior Center
2nd and 4th Tuesday, 9–11:00am
77 Riverglen Lane | Littleton, NH

Lincoln Green Apartments
3rd Tuesday, 10:00am–12:00pm
24 Lincoln Green Rd | Lincoln, NH

Horse Meadow Senior Center
1st Tuesday, 10:00am–12:00pm
91 Horse Meadow Road
North Haverhill, NH

Medicare Counseling

A ServiceLink representative will be available to offer free, confidential Medicare Counseling to beneficiaries on the following Wednesdays. (*No appointment needed to attend.*)

January 10, 10am–12pm
Mt. Jasper Meeting Room

February 14, 10am–12pm
March 14, 10am–12pm
Mt. Adams Meeting Room

Androscoggin Valley Hospital
59 Page Hill Road, Berlin, NH 03570
Contact: *AVH Customer Service at (603) 326-5628 or Paul Robitaille at ServiceLink at (603) 752-6407*

Pre- & Post-Obesity Surgery Support Meetings

The Catholic Medical Center—New England Weight Management Institute Outreach Clinic at AVH will host Pre- and Post-Obesity Surgery Support Group meetings.

Post-Obesity Support Group
Tuesday, February 13, 5:30–6pm

Pre-Obesity Support Group
Tuesday, February 13, 6–7pm

Androscoggin Valley Hospital Mt. Success Meeting Room
59 Page Hill Road, Berlin, NH 03570
Contact: *(603) 326-5797*

Cardiopulmonary Rehabilitation Services

LRH and UCVH offer Phase II Cardiac and Pulmonary Rehabilitation services. Phase II is a physician-ordered, individualized, personalized treatment plan. It includes an evaluation and instruction on physical activity, nutrition, stress management, and other health-related areas. Participation requires a physician referral.

The Phase III program is a continuation of Phase II—allowing patients to build confidence in a supervised atmosphere. Like Phase II, Phase III requires a physician referral.

Medicare and most insurance plans will pay for Cardiopulmonary Rehabilitation. You may be responsible for a co-payment.

Call today to schedule an appointment to see how this program can help

LRH Contact: (603) 444-9387.
UCVH Contact: (603) 388-4330.



Diabetes Education at LRH

Diabetes Education 4-Part Program

Session I: Introduction to Diabetes and Healthy Eating. Are you looking for information on the basics of managing your Diabetes? *You must register to attend and have a referral from your physician.*

Space is limited. Please note each session date listed below will cover the same topic. Choose the date that works best for you.

March 6, 9:30am–12pm
March 13, 12:30–3pm
March 20, 5:30–8pm

Contact: *(603) 444-9323 for more information.*



UCVH Diabetes Self-Management Education

Upper Connecticut Valley Hospital provides education for individuals with new or existing diabetes to assist in effective management. This service is covered by most insurances.

Participants can enjoy a 10-hour initial education and/or 2 hour year follow-up meetings. *Physician referral required to attend.*

Contact: *(603) 388-4305*

Weeks Medical Center Diabetes Support

If you or a loved one has Diabetes, you may want to attend one of these Diabetes Support sessions.

Tuesdays at 7:00pm
Weeks Medical Center Board Room

173 Middle Street
Lancaster, NH 03584
Contact *Kelsey M. McCullough, RD, LD (603) 788-5055*

Nutrition Education & Counseling

All four hospitals at North Country Healthcare have Registered Dietitians on staff that provide nutrition education and counseling services on an inpatient and outpatient basis. This service is covered by most insurance companies.

Good nutrition is essential to overall health and can prevent or help manage chronic diseases like obesity, high blood pressure, high cholesterol and diabetes to name a few. Please call or e-mail one of the following contacts:

Roberta Balon, MS, RD, LD, CDE
Androscoggin Valley Hospital
Berlin, NH | *(603) 326-5692*
roberta.balon@avnhh.org

Ashley Wentworth, MS, RD, LD
Littleton Regional Healthcare
Littleton, NH | *(603) 444-9545*
awentworth@lrhcares.org
Blog: *http://lrhblogs.org/nutrition/*

Kelsey McCullough, RD, LD
Weeks Medical Center
Lancaster, NH | *(603) 788-5055 x4157*
kelsey.mccullough@weeksmc.org

Jennifer Nobles MS, RD, LD
Weeks Medical Center
Lancaster, NH | *(603) 788-5395*
Jennifer.nobles@weeksmc.org

Tiffany Sweatt, MS, RD, LD
Upper Connecticut Valley Hospital
Colebrook, NH | *(603) 388-4305*
tsweatt@ucvh.org

Regional Wellness Calendar

January–March 2018



Androscoggin Valley Hospital
603.752.2200 | avnhh.org

Littleton Regional Healthcare
603.444.0385 | littletonhealthcare.org

Upper Connecticut Valley Hospital
603.237.8652 | ucvh.org

Weeks Medical Center
603.788.2521 | weeksmedical.org

North Country Home Health & Hospice
603.444.5317 | nchha.org

North Country Healthcare is pleased to provide a regional wellness calendar featuring educational sessions and fitness events focusing on a number of health-related topics offered by these healthcare organizations.



north country healthcare

600 St. Johnsbury Road
Littleton, NH 03561

Non-Profit Org.
US Postage
PAID
Littleton, NH 03561
Permit #45

ECR WSS

POSTAL CUSTOMER

AREA SUPPORT GROUPS

ALCOHOLICS ANONYMOUS Hotline: 800-593-3330

Weekdays, Noon–1:00 PM
Hope for NH Recovery–Berlin
823 Main Street, Berlin, NH

Tuesdays, 6:00–7:00 PM
Fridays, 7:00–8:00 PM
St. Barnabas Church
2 High Street, Berlin, NH

Thursdays, 7:00–8:00 PM
Saturdays, 7:00–8:00 PM
Androscoggin Valley Hospital
Mt. Success Meeting Room
59 Page Hill Road, Berlin, NH

Wednesdays, 7:00 PM
Sundays, 9:30–10:30 AM
Weeks Medical Center
3rd Floor Conference Room
173 Middle Street, Lancaster, NH
(603) 788-4911 | weeksmedical.org

Saturdays, 8:30–9:30 AM
Littleton Regional Healthcare
Conference Rooms 1 & 2
600 St. Johnsbury Road, Littleton, NH
NH Area Assembly
1-800-593-3330 | aa.org

AL-ANON Hotline: 800-369-6930

Tuesdays, 6:00–7:00 PM
First Congregational Church
189 Main Street, Littleton, NH
(603) 444-3376

Wednesdays, 7:00–8:00 PM
The Salvation Army
15 Cole Street, Berlin, NH

Sundays, 6:00–7:00 PM
Trinity United Methodist Church
18 Lancaster Road, Whitefield, NH

ALZHEIMER'S CAREGIVERS
3rd Tuesday, 8:30 AM–3:30 PM
The Morrison
6 Terrace Street, Whitefield, NH
Tiffany Kenison - (603) 752-3336
tkenison@tccap.org | themorrison.org

BEREAVEMENT SUPPORT
1st & 3rd Tuesday, 1 PM
North Country Home Health & Hospice
536 Cottage Street, Littleton, NH
Jolen Aubin, MSW - (603) 444-5317
nchha.org

BRAIN INJURY AND STROKE SUPPORT GROUP
2nd Wednesday, 6:00 PM
Ammonoosuc Community Health Services
25 Mt. Eustis Road, Littleton, NH
Jackie - (603) 616-1468
Steve - (603) 444-2464 x9123
ammonoosuc.org

BREAST CANCER SUPPORT

1st Wednesday, 3:30–5:00 PM
Dartmouth-Hitchcock Medical Center
One Medical Center Drive, Lebanon, NH
(603) 650-7751 | cancer.dartmouth.edu

DIABETIC SUPPORT GROUP

Tuesdays, 7:00 PM
Weeks Medical Center, Board Room
173 Middle Street, Lancaster, NH
(603) 788-4911 | weeksmedical.org

First Tuesday, every other month
6:00 PM • January 2 & March 6
Androscoggin Valley Hospital
Mt. Adams Meeting Room
59 Page Hill Road, Berlin, NH
Roberta Balon - (603) 326-5692

DOMESTIC VIOLENCE SUPPORT

Support Center at Burch House
PO Box 965, Littleton, NH
(603) 444-0624 | www.tccap.org/services/health/domestic-violence/

GRANITE STATE INDEPENDENT LIVING (GSIL) PEER MENTOR GROUP

76 Main Street, Littleton, NH
Nicole Rockwell - (603) 931-0500
nrockwell@gsil.org | gsil.org
Jennifer Crowell - (603) 931-0488
jcrowell@gsil.org | gsil.org

NARCOTICS ANONYMOUS

Mondays, 7:00 PM
United Methodist Church
2057 Main Street, Bethlehem, NH
(603) 869-2056 | na.org

Mondays, 7:00 PM
North Country Serenity Center
33 Main Street, Littleton, NH
(603) 444-1300

Tuesdays, 7:00 PM
First United Methodist Church
18 Main Street, Littleton, NH
(603) 444-5567

Fridays, 7:00 PM
First Congregational Church
189 Main Street, Littleton, NH
(603) 444-3376

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

3rd Thursday, 6:30–8:30 PM
All Saints Parish House
School Street, Littleton, NH

1st Monday, 6:00–7:30 PM
Lincoln Public Library
22 Church Street, Lincoln, NH
For either location, contact:
Susan Allen-Samuel
(603) 225-5359 x328 | nami.org

OVEREATERS ANONYMOUS

Tuesday, 5:30 PM
All Saints Episcopal Church
35 School Street, Littleton, NH
(603) 444-3414

PARKINSON'S SUPPORT GROUP

4th Tuesday
Eastern Slope Inn
2760 White Mountain Highway
North Conway, NH
Call for more information:
Maureen Chamberlain
(603) 356-2545
mmchambo@gmail.com

SUICIDE/LOSS SUPPORT GROUP

1st Thursday, 6:30–8:00pm
Weeks Medical Center
173 Middle Street, Lancaster, NH
Call for more information:
Richard Cotter (603) 219-8912
Sara Cotter (603) 631-5629
weeksmedical.org

North Country
Healthcare

Regional Wellness Calendar

January–March 2018

HEALTH & WELLNESS cont.

Wound and Ostomy Care

Contact Meg Amadon, RN, BSN, CWON, Wound and Ostomy Care Coordinator at (603) 444-9285.
By Appointment Only.

Littleton Regional Healthcare
600 St. Johnsbury Rd | Littleton, NH
littletonhealthcare.org

Blood Pressure Clinics

Taking care of your heart is important throughout your life, and even more important as you age. Hypertension can lead to serious health-related conditions. Take time to visit one of the monthly clinics provided by North Country Home Health & Hospice.

Visits are available by appointment only. Please call (603) 444-5317 to reserve a place.

Highland House

4th Monday, 9:00–10:00am
30 Highland Street | Whitefield, NH

Linwood Senior Center

1st Wednesday, 10:30am–12:00pm
195 Pollard Road | Lincoln, NH

Littleton Area Senior Center

2nd Thursday, 11:00am–12:00pm
77 Riverglen Lane | Littleton, NH

Littleton Opera House

3rd Tuesday, 10:30am–11:00pm
2 Union Street | Littleton, NH

Blood Pressure Clinics

First Tues., 6:00pm, (Jan. 2 & Mar. 6)

Androscoggin Valley Hospital
Mt. Adams Meeting Room
59 Page Hill Road | Berlin, NH
Contact: Roberta Balon, MS, RD, LD, CDE
Clinical Nutrition Services Director at
(603) 326-5692

Fridays, 11:00am–2:00pm

Weeks Medical Center
Blood Pressure Clinics are held at:
Passumpsic Savings Bank
117 Main Street | Lancaster, NH
Contact: (603) 788-5221

Smoking Cessation Classes

Make 2018 the year you “Kick the Habit” and join Weeks Medical Center for their quarterly “Kick the Habit” Smoking Cessation Workshop.

Contact: Margo Cliché, (603) 788-5221
to learn more about the next session coming to Weeks Medical Center.

FITNESS & FUN MATTERS

Matter of Balance Program

Balance is so important to living a healthy, productive life and preventing potentially disastrous falls.

Weeks Medical Center
173 Middle Street | Lancaster, NH
Nadine Gilcris PTA (603) 788-5009

Bone Builders

Littleton Regional Healthcare offers an Osteoporosis prevention and reversal program; an effective combination of stretching, balance, and weight bearing exercises. The class is free and open to everyone. *Requires written permission from a physician.*

Tuesday and Thursday mornings
10:30–11:30am

Littleton Regional Healthcare
Medical Office Building
Lower Level Conference Room
600 St. Johnsbury Rd | Littleton, NH
Contact: Gail Clark (603) 444-9304



Yoga

Winter is a difficult time to get out and exercise. Introductory Yoga classes are directed to focus on physical actions in various yoga postures. This deliberate-concentration on bodily movements can bring increased stability, strength, and flexibility.

Every Thursday night, 5:30–6:30pm
\$10 per class

Littleton Regional Healthcare
Medical Office Building
Lower Level Conference Room
600 St. Johnsbury Rd | Littleton, NH
Contact: Monica Plante
monica@notchnet.com
revealyoga.com

Yo-Fit™ is a yoga hybrid class, a Vinyasa foundation sprinkled with elements of fitness. The class begins with a series of Asanas and is completed with lots of stretching and Savasana.

Every Tuesday night, 5:30–6:30pm
\$10 per class

Rooted by Stacey
The Tannery Marketplace
111 Saranac Street | Littleton, NH
Contact: Carrie Myers (603) 991-7302

Weight Watchers

Are you looking for a healthy start to the New Year? Weight Watchers is a program to help with weight loss, exercise, and healthy eating habits.

Mondays, 3:15–4:15pm

Upper Connecticut Valley Hospital
Cafeteria
181 Corliss Lane | Colebrook, NH

Thursdays, 4:15–5:15pm

Littleton Regional Healthcare
Medical Office Building
Conference Room
600 St. Johnsbury Rd | Littleton, NH
Contact: Carrie Way (603) 444-9000

Scrapbooking Crop Benefit Event

A \$10 donation to participate in the event will benefit the American Cancer Society. All ages are welcome, as well as all skill levels. Come with your photos and scrapbooking tools and supplies. This is a great way to meet other scrapbookers and contribute to a great cause.

Saturday, January 13, 8am–4pm
Androscoggin Valley Hospital
Mt. Success Meeting Room
59 Page Hill Road | Berlin, NH
Contact: Debbie Alonzo, (603) 326-5885

YOU CAN HELP



Give Blood— it can save a life!

American Red Cross Blood Drive
It feels great to donate! You will be someone's hero by helping to ensure that blood is on the shelf when needed. It only takes about one hour of your time to help save a life.

Call 1-800-RED CROSS or visit
redcrossblood.org to schedule an
appointment so that you can participate in an American Red Cross Blood Drive today!

Thursday, Jan. 4, 10:30am–4:30pm
St. Rose of Lima
82 High Street | Littleton, NH
Contact: (603) 444-2593

Tuesday, Jan. 9, 11:30am–5pm
Congregational Church
147 Main Street | Colebrook, NH
Contact: (603) 237-4980

Monday, January 15, 12–5:30pm
Colonel Town Community Center
16 High Street | Lancaster, NH
Contact: (603) 788-3321

Friday, January 19, 11am–4pm
Androscoggin Valley Hospital
Mt. Success Meeting Room
59 Page Hill Road | Berlin, NH
Contact: James Patry, (603) 326-5606

Friday, February 23, 11am–5pm
Littleton Regional Healthcare
Conference Rooms 1, 2, 3
600 St. Johnsbury Rd | Littleton, NH
Contact: Katelyn Murray
(603) 444-9355

We hope you enjoyed the first issue of North Country Healthcare's Regional Wellness Calendar. If you would like to host a wellness class at any one of the locations listed in this newsletter, please email:
geninfo@lrhcares.org or call (603) 444-9304.